Positive Self Talk

Template

Scenario

Your manager has asked you to deliver a presentation to the senior leadership team, updating them on progress of the new software that is being designed by your team. You are actively involved in this software development and are enjoying your work. You don’t feel that delivering a presentation is the best use of your skill set and you don’t enjoy giving presentations. You are a technical expert with very practical skills. You think someone else in the team would be better suited to this task. You’ve only been part of this team for three months and you are keen to make a good impression. You would prefer not to do the presentation as it may impact the impression you give to the senior leadership team.

Task

Step 1:

Even if this is not personally how you would feel about this task, record all the negative self-talk you consider this person (or yourself) would engage in, in relation to this scenario. Write these in the first column.

Step 2:

Then go back through each negative self-talk statement and re-frame it to be a positive self-talk statement and write that in the second column.

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| NEGATIVE self-talk statement | POSITIVE self-talk statement |
| Example: I’m not experienced enough to give a presentation to the senior leadership team. | Example: This is an opportunity to impress the senior leadership team and make an impact with people I don’t usually get an audience with. |
| Example: I will just talk too fast like I normally do when I’m nervous. | Example: I will practice the presentation and get feedback from others to help me slow my pace. |
| I don’t know how to give a good presentation. | I will do some basic research on it and also take help from other to make a good presentation. |
| I am nervous. | Time to learn a lesson. |
| I’ve never done this before and I will be  bad at it | I will ensure I seek guidance from  experienced colleagues and use this as an  opportunity to learn from others and  grow |
| I’m not good at speaking in front of  people | This is an opportunity to improve my  public speaking |
| I’m being set up to fail | This is a great chance to get in front of  the senior leaders and show them what I  can do |
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